

TRIPLE-CHOCOLATE CHEESECAKE

This tastes like a creamy frozen fudge pop.

- 1/4 cup sugar
- 1 tablespoon stick margarine
- 1 tablespoon egg white
- 1 1/3 cups chocolate graham cracker crumbs (about 16 crackers)
- Vegetable cooking spray
- 3 tablespoons dark rum
- 3 (1-ounce) squares semisweet chocolate
- 1/4 cup chocolate syrup
- 1 (8-ounce) block nonfat cream cheese, softened
- 1 (8-ounce) block Neufchâtel cheese, softened
- 1 cup sugar
- 2 tablespoons unsweetened cocoa
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup low-fat sour cream
- 1 tablespoon sugar
- 2 teaspoons unsweetened cocoa
- Chocolate curls (optional)

Preheat oven to 350°.

Place first 3 ingredients in a bowl; beat at medium speed of a mixer until blended. Add crumbs; stir well. Firmly press mixture into bottom and 1 inch up sides of an 8-inch springform pan coated with cooking spray. Bake at 350° for 10 minutes; let cool on a wire rack.

Combine rum and chocolate squares in the top of a double boiler. Cook over simmering water 2 minutes or until chocolate melts, stirring frequently. Remove from heat; add chocolate syrup, stirring until smooth.

Preheat oven to 300°. **Place** cheeses in a large bowl; beat at medium speed of a mixer until smooth. Add 1 cup sugar, 2 tablespoons cocoa, vanilla, and salt; beat until smooth. Add rum mixture; beat at low speed until well-blended. Add eggs, 1 at a time, beating well after each addition.

Pour cheese mixture into prepared pan; bake at 300° for 40 minutes or until almost set. Combine sour cream, 1 tablespoon sugar, and 2 teaspoons cocoa; stir well. Turn oven off, and spread sour cream mixture over cheesecake. Let cheesecake stand for 45 minutes in oven with door closed. Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8

ON THE COVER

NEW YORK CHEESECAKE

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| 2/3 cup all-purpose flour | 1 3/4 cups sugar |
| 2 tablespoons sugar | 3 tablespoons all-purpose flour |
| 2 tablespoons chilled stick margarine, cut into small pieces | 1 tablespoon vanilla extract |
| 1 tablespoon ice water | 1 1/2 teaspoons grated orange rind |
| Vegetable cooking spray | 1 teaspoon grated lemon rind |
| 3 (8-ounce) blocks nonfat cream cheese, softened | 1/4 teaspoon salt |
| 2 (8-ounce) blocks Neufchâtel cheese, softened | 5 eggs |
| | Lemon zest (optional) |
| | Orange slices (optional) |
| | Lemon slices (optional) |

Preheat oven to 400°.

Place 2/3 cup flour and 2 tablespoons sugar in a food processor, and pulse 2 times or until combined. Add chilled margarine; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly pour ice water through food chute, processing just until blended (do not allow dough to form a ball). Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray. Bake at 400° for 10 minutes; let cool on a wire rack.

Preheat oven to 525° or to highest oven setting. Combine cheeses in a large bowl; beat at high speed of a mixer until smooth. Add 1 3/4 cups sugar and next 5 ingredients (sugar through salt); beat well. Add eggs, 1 at a time, beating well after each addition.

Pour cheese mixture into prepared pan; bake at 525° for 7 minutes. Reduce oven temperature to 200°, and bake 45 minutes or until almost set. Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours. Garnish with lemon zest, orange slices, and lemon slices, if desired. Yield: 16 servings (serving size: 1 wedge).

CALORIES 261 (32% from fat); PROTEIN 11.7g; FAT 9.2g (sat 4.8g, mono 1.3g, poly 0.7g); CARB 31.4g; FIBER 0.2g; CHOL 97mg; IRON 0.6mg; SODIUM 449mg; CALC 147mg

hours. Garnish with chocolate curls, if desired. Yield: 12 servings (serving size: 1 wedge).

CALORIES 260 (35% from fat); PROTEIN 7.5g; FAT 10.1g (sat 5.5g, mono 2g, poly 0.5g); CARB 35.9g; FIBER 0.1g; CHOL 57mg; IRON 0.7mg; SODIUM 205mg; CALC 85mg

CARAMEL SWIRL-AND-APPLE CHEESECAKE

So that the yogurt has ample time to drain and become yogurt cheese, start this cheesecake a day ahead.

- 1 (32-ounce) carton vanilla low-fat yogurt
- 1/4 cup sugar
- 1 tablespoon stick margarine, softened
- 1 egg white
- 1 1/4 cups graham cracker crumbs (about 40 crackers)
- 1 teaspoon ground cinnamon
- Vegetable cooking spray

- 1/4 cup firmly packed brown sugar
- 1/4 cup orange juice
- 3 cups cubed peeled Golden Delicious apple (about 1 1/4 pounds)
- 1/2 cup sugar
- 3 tablespoons cornstarch
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 1 (8-ounce) block Neufchâtel cheese, softened
- 1 (8-ounce) block nonfat cream cheese, softened
- 2 eggs
- 1/3 cup fat-free caramel-flavored sundae syrup
- 2 tablespoons fat-free caramel-flavored sundae syrup
- Cinnamon sticks (optional)

Place colander in a 2-quart glass measure or bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of bowl. Spoon yogurt



Tropical Cheesecake

into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.

Preheat oven to 350°. Combine $\frac{1}{4}$ cup sugar, margarine, and egg white in a bowl; beat at medium speed of a mixer until blended. Add crumbs and cinnamon; stir well. Firmly press mixture into bottom and $1\frac{1}{2}$ inches up sides of a 9-inch springform pan coated with cooking spray. Bake at 350° for 10 minutes; let cool on a wire rack.

Preheat oven to 300°. Combine brown sugar and orange juice in a large nonstick skillet; bring to a boil. Add apple; cook 8 minutes until apple is tender and liquid evaporates, stirring occasionally. Set aside.

Combine yogurt cheese, $\frac{1}{2}$ cup sugar, and next 5 ingredients ($\frac{1}{2}$ cup sugar through nonfat cream cheese) in a bowl; beat at medium speed of a mixer until smooth. Add eggs, 1 at a time, beating well after each addition.

Spoon apple mixture into prepared pan. Pour cheese mixture over apples; top with $\frac{1}{3}$ cup sundae syrup, and swirl with a knife to create a marbled effect. Bake at 300° for 1 hour until almost set. Turn oven off; loosen cake from sides of pan using a narrow metal spatula or knife. Let cheesecake stand for 40 minutes in oven with door closed. Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours. Drizzle remaining 2 tablespoons sundae syrup over top; garnish with cinnamon sticks, if desired. Yield: 12 servings (serving size: 1 wedge).

CALORIES 286 (25% from fat); PROTEIN 10.4g; FAT 8g (sat 3.7g, mono 1.3g, poly 0.5g); CARB 44.2g; FIBER 0.9g; CHOL 55mg; IRON 0.7mg; SODIUM 384mg; CALC 160mg

TROPICAL CHEESECAKE

- $\frac{1}{4}$ cup sugar
- 1 tablespoon stick margarine, softened
- 1 tablespoon egg white
- $1\frac{2}{3}$ cups vanilla wafer crumbs (about 36 cookies)
- Vegetable cooking spray
- $1\frac{3}{4}$ cups nonfat cottage cheese
- 1 (8-ounce) block Neufchâtel cheese, softened
- 1 cup low-fat sour cream
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup cream of coconut
- $\frac{1}{4}$ cup all-purpose flour
- 1 teaspoon coconut extract
- 3 eggs
- $\frac{3}{4}$ cup pineapple-orange-banana juice concentrate, undiluted
- $\frac{1}{2}$ cup water
- 1 teaspoon unflavored gelatin
- $\frac{1}{2}$ cup cubed peeled mango
- 3 kiwifruit, peeled and thinly sliced
- 6 strawberries, halved
- Mint sprigs (optional)

Preheat oven to 350°.

Place first 3 ingredients in a bowl; beat at medium speed of a mixer until smooth. Add crumbs; stir well. Press mixture into bottom and $1\frac{1}{2}$ inches up sides of a 9-inch springform pan coated with cooking spray. Bake at 350° for 12 minutes; let cool on a wire rack.

Preheat oven to 300°. Place cheeses in a food processor; process 2 minutes or until smooth, scraping sides of processor bowl once. Add sour cream and next 5 ingredients (sour cream through eggs); process 20 seconds, scraping sides of processor bowl once.

Pour cheese mixture into prepared pan; bake at 300° for $1\frac{1}{2}$ hours or until almost set. Turn oven off, and let cheesecake stand for 1 hour in oven with door closed. Remove cheesecake from oven; cover and chill 1 hour.

Combine juice concentrate and $\frac{1}{2}$ cup water in a small saucepan. Sprinkle gelatin over concentrate mixture; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves. Place pan in a large ice-filled bowl; stir gelatin mixture 10 minutes or until cooled to room temperature. Pour gelatin mixture over cheesecake, spreading evenly. Cover and chill at least 8 hours. Serve with fresh fruit. Garnish with mint sprigs, if desired. Yield: 12 servings

(serving size: 1 wedge and fresh fruit garnish).

CALORIES 316 (35% from fat); PROTEIN 10.4g; FAT 12.4g (sat 6.5g, mono 2.2g, poly 0.6g); CARB 42.3g; FIBER 1g; CHOL 77mg; IRON 0.6mg; SODIUM 285mg; CALC 69mg

BROWNIE CHEESECAKE

- 1 (10.25-ounce) package fudge brownie mix
- 1 tablespoon water
- 1 teaspoon vegetable oil
- 1 ($2\frac{1}{2}$ -ounce) jar prune baby food
- 1 egg white
- Vegetable cooking spray
- 1 cup nonfat cottage cheese
- 2 (8-ounce) blocks Neufchâtel cheese, softened
- 1 (8-ounce) block nonfat cream cheese, softened
- $1\frac{1}{2}$ cups sugar
- 1 tablespoon vanilla extract
- $\frac{1}{4}$ teaspoon salt
- 3 eggs
- $\frac{1}{4}$ cup semisweet chocolate mini-morsels

Preheat oven to 350°.

Combine first 5 ingredients in a bowl; stir well. Spread into bottom of a 9-inch square baking pan coated with cooking spray. Bake at 350° for 25 minutes; let cool on a wire rack. Tear brownies into small pieces. Press half of pieces into bottom of a 9-inch springform pan coated with cooking spray. Set aside.

Preheat oven to 300°. Place cottage cheese in a large bowl; beat at medium-high speed of a mixer until almost smooth. Add cream cheeses; beat until smooth. Add sugar, vanilla, and salt; beat well. Add eggs, 1 at a time, beating well after each addition. Stir in chocolate.

Pour half of cheese mixture into prepared pan; top with remaining brownie pieces. Pour remaining cheese mixture over brownie pieces. Bake at 300° for 40 minutes or until almost set. Turn oven off, and let cheesecake stand for 40 minutes in oven with door closed. Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours. Yield: 16 servings (serving size: 1 wedge).

CALORIES 271 (30% from fat); PROTEIN 9.6g; FAT 9.1g (sat 5.3g, mono 0.6g, poly 0.3g); CARB 37.7g; FIBER 0.8g; CHOL 65mg; IRON 0.2mg; SODIUM 373mg; CALC 69mg

Contributing Editor Greg Patent is a cookbook author who lives in Missoula, Montana.